

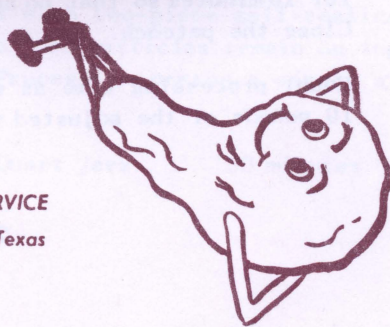
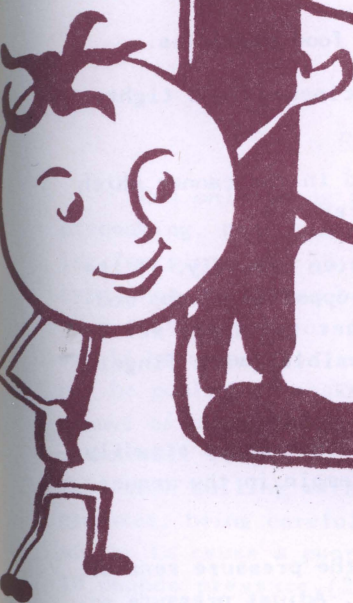
# ONE-STEP COLD PACK METHOD

UNIVERSITY OF ARKANSAS

NOV 13 1956

AGRICULTURAL LIBRARY

for Canning  
Certain Vegetables



TEXAS AGRICULTURAL EXTENSION SERVICE  
G. G. Gibson, Director, College Station, Texas

# **ONE-STEP COLD PACK METHOD FOR CANNING CERTAIN VEGETABLES**

*Supplement to B-194, Home Canning - Fruits and Vegetables*

Compiled by

*Extension Foods and Nutrition Specialists*

*Texas A. & M. College System*

This is to be used in connection with B-194, "Home Canning - Fruits and Vegetables," pages 5-16.

## **General Steps in Canning Vegetables By One-step Method in a Pressure Canner**

1. Wash all jars in hot soapy water and rinse well before canning. Jars need not be sterilized when canning in the pressure canner.
2. Prepare and pack vegetables according to instructions.
3. Wipe off top of jar to remove any food particles.
4. Use only two-piece self-sealing closures and tighten with hand.
5. Place the closed containers of food in the canner which contains  $1\frac{1}{2}$  to 2 inches of hot water.
6. Place the lid on the canner and fasten securely. If the lid is fastened by clamps, tighten opposite clamps moderately at first. Then go back over the whole set to tighten each pair as much as possible (with fingers only).
7. Leave the petcock open until the steam escapes steadily for 10 minutes so that no air will remain in the canner. Close the petcock.
8. Count processing time as soon as the pressure reaches 10 pounds or the adjusted pressure. Adjust pressure ac-

cording to the following table for altitudes more than 1,000 feet:

<i>Feet Elevation</i>	<i>Pounds Pressure To Use</i>
<i>1-1000</i>	<i>10</i>
<i>1000-3000</i>	<i>11</i>
<i>3000-5000</i>	<i>12</i>

See specific vegetable for the length of time to process.

9. Keep a uniform pressure by adjusting the heat or by moving the canner carefully.
10. At the end of processing time remove the canner from the heat and allow the pressure to return to zero. Open the petcock gradually and remove the cover. Leave jars in canner about 5 minutes. Remove jars and place right side up on a rack far enough apart to cool quickly. Do not retighten two-piece self-sealing closures.

### *BEANS, FRESH LIMA*

Can only young tender beans. Shell and wash. Without precooking, pour beans into clean jars to 1 inch of top of jar for pints and 1½ inches for quarts for the small-bean type. For the large beans of the "baby potato" type, fill to ¾ inch of top for pints and 1¼ inches for quarts. Beans should be raked level with fork before measuring, but should not be pushed or shaken down. To do so would increase the amount of beans in the jar and give a poor fill. Add ½ teaspoon salt to pints, 1 teaspoon to quarts. Fill jar level full with boiling water. Close with two-piece self-sealing closures, being careful that no food particles remain on top of jar to cause a poor seal. Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars . . . 40 minutes      Quart Jars . . . 50 minutes

## BEANS, SNAP

Wash beans. Trim ends; cut into 1-inch pieces. Pack raw beans tightly to  $\frac{1}{2}$  inch of top. Cover with boiling water leaving  $\frac{1}{2}$ -inch space at top of jar. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Close with two-piece self-sealing closures. Process in pressure canner at 10 pounds pressure ( $240^{\circ}$  F.).

Pint jars.....20 minutes

Quart jars.....25 minutes

## CARROTS

Wash and scrape carrots. Slice or dice. Without pre-cooking, pour carrots slowly into clean jars, shaking and bumping to get a tight pack. Press carrots under neck of jar until they are as tight as possible. Pack to 1-inch of top of jar. Add  $\frac{1}{2}$  teaspoon salt to pints and 1 teaspoon to quarts. Fill jar level full with boiling water. Do not work out bubbles because that would loosen pack and carrots would be more likely to float. Close with two-piece self-sealing closures, being careful that no food particles remain on top of jar to cause a poor seal. Process in pressure canner at 10 pounds pressure ( $240^{\circ}$  F.).

Pint jars.....25 minutes

Quart jars.....30 minutes

## CORN, CREAM STYLE

Cut corn from the cob at about the center of the kernel and scrape the cob. Pack raw corn into clean jars and fill to 1 inch of top of the jar. Corn should be leveled before measuring head space, but should not be pressed or shaken down. Add  $\frac{1}{2}$  teaspoon salt. Fill jar to top with boiling water. Close with two-piece self-sealing closures. Process in pressure canner at 10 pounds pressure ( $240^{\circ}$  F.).

Pint jars.....95 minutes

Quart jars....Not recommended

## CORN, WHOLE KERNEL

Cut corn from cob at about  $\frac{2}{3}$  the depth of kernel. Pack raw corn into clean jars and fill to 1 inch of top of jar for pints and  $1\frac{1}{4}$  inches for quarts. Corn should be



leveled before measuring head space but should not be pressed or shaken down. Add  $\frac{1}{2}$  teaspoon salt for pints, 1 teaspoon for quarts. Fill jar to top with boiling water. Close with two-piece self-sealing closures. Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars....55 minutes

Quart jars.....85 minutes

### *PEAS, ENGLISH*

Shell and wash. Pack raw peas into clean jars. For small pea-type, fill to 1 inch of top of jar for pints and  $1\frac{1}{2}$  inches for quarts. For the giant variety fill to  $\frac{1}{2}$  inch of top for pints and 1 inch for quarts. Peas should be leveled before measuring head space but should not be pressed or shaken down. Add  $\frac{1}{2}$  teaspoon salt to pints, 1 teaspoon to quarts. Fill jar to top with boiling water. Close with two-piece self-sealing closures. Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars....40 minutes

Quart jars.....40 minutes

### *SHELLED FRESH BLACK-EYED PEAS*

Wash and shell. Pour into clean, hot glass jars. Fill pints to  $1\frac{1}{2}$  inches from rim, and quarts to 2 inches from rim. Do not push or shake down peas. To do so would increase the amount of peas in the jar and give a poor fill. Cover the peas with fresh, boiling water and work out bubbles with a knife blade. Add more water to  $\frac{1}{2}$  inch from top of jar. Wipe the top of the jar with a clean, damp cloth. Close with two-piece self-sealing closures. Place in hot pressure canner. Process at 10 pounds pressure.

Pint jars.....35 minutes

Quart jars.....40 minutes

### *SQUASH, SUMMER*

Wash, but do not peel. Trim ends. Cut squash into  $\frac{1}{2}$ -inch slices; halve or quarter to make pieces of uniform size. Without precooking, pour squash slowly into clean jars, shaking and bumping to get a tight pack. Press squash under neck of jar as tightly as possible to prevent float-

ing. Pack squash to 1-inch of top of jar. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Add boiling water to level with top of jar. Close with two-piece self-sealing closures, being careful that no food particles remain on top of jar to cause a poor seal. Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars....25 minutes      Quart Jars....30 minutes

### General Instructions For Canning In A Water Bath

Water bath containers may be purchased; however, any big, clean, kettle with a rack and tight fitting lid will do if it is deep enough to hold the jars upright and permit the water to boil 1 or 2 inches over the top of them.

1. Wash all jars and cans in hot, soapy water and rinse well before canning. It is not necessary to sterilize jars when canning in the hot water bath.
2. Prepare and pack the tomatoes according to instructions.
3. Wipe top of jar to remove any food particles.
4. Use only two-piece self-sealing closures.
5. Close the jars tightly by hand.
6. Place the jars in water bath canner on rack. Add warm water to cover the jars by 1 inch.
7. Place the lid on the water bath canner.
8. Begin counting the processing time as soon as the water boils. Adjust the processing time according to the following table for altitudes more than 1000 feet:

*If processing time  
is more than  
20 minutes*

<i>Feet Elevation</i>	<i>Minutes Added</i>
0-1000	0
1000-2000	2
2000-3000	4
3000-4000	6

9. At the end of the processing time remove the jars from the water bath and do not tighten two-piece self-sealing closures. Place on a rack far enough apart to cool quickly.

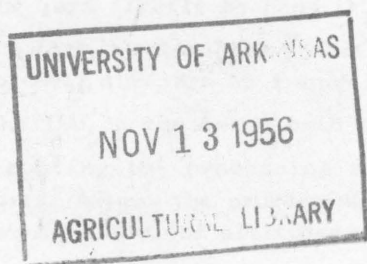
### One-Step Cold-Pack Method for Canning tomatoes in Hot Water Bath

Use only ripe, perfect tomatoes. Dip in boiling water about 1 minute or until skins slip, then dip in cold water.

Cut out the stem ends, slip off the skins. Tomatoes may be left whole or halved or quartered. Pack raw tomatoes into jars. Press gently to fill space. Add  $\frac{1}{2}$  teaspoon salt to pint jars and 1 teaspoon salt to quart jars. Work a knife down the jar sides to remove air bubbles. Add more tomatoes, if needed, to fill the jar to  $\frac{1}{2}$  inch from the top. Wipe jar top clean and adjust lid and ring.

Process pint jars 35 minutes in hot water bath.

Process quart jars 45 minutes in hot water bath.



---

Cooperative Extension Work in Agriculture and Home Economics, The Texas A. & M. College System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.